

Károli University, Institute of Psychology

# ERP-BPS2636 Psychedelic Psychotherapy

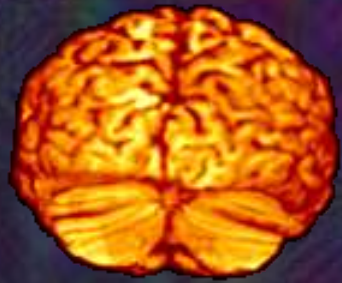
autumn semester 2021



**Dr Levente Móró**

PhD (psychology)

LEVE@IKI.FI



# Dr Levente Móró

**PhD / Psychology (cognitive neuroscience / social sciences)**

**[MSc / Information Technology ~ scientific  
researcher/engineer]**

**consciousness research, altered states of consciousness  
(dreaming, hypnosis, hallucinations, psychedelics)**



- **Consciousness Research Group, Centre for Cognitive Neuroscience, University of Turku, Finland**
- **Daath.hu - Hungarian Psychedelic Community**
- **Multidisciplinary Society for Psychedelic Research, Hungary**
- **DÁT2 Psy Help (party/festival harm reduction and crisis intervention)**
- **Hungarian Medical Cannabis Association**

**LEVE@IKI.FI**



# Psychedelic Psychotherapy presentations (12 x 1.5 h)

- [01] Sep 16** **Introduction and Overview**
- [02] Sep 23** **Altered State Assisted Therapies**
- [03] Sep 30** **The Broader Context of Psychedelics**
- [04] Oct 07** **Psychedelics: Substance Information**
- [05] Oct 14** **Psychology of Psychedelic Experience**
- [06] Oct 21** **Psychedelics: Research, Experiments, Healing**
- [07] Nov 04** **Psychedelic-Assisted Psychotherapies: Theory**
- [08] Nov 11** **Psychedelic-Assisted Psychotherapies: Practice I**
- [09] Nov 18** **Psychedelic-Assisted Psychotherapies: Practice II**
- [10] Nov 25** **Psychedelic-Assisted Psychotherapies: Practice III**
- [11] Dec 02** **Psychedelic Experience Integration**
- [12] Dec 09** **Summary and Outlook**



# **[01] Introduction and Overview**

**Sep 16**

**Introduction of the course.**

**Topics and approaches.**

**Course requirements.**

**Practical issues.**



# Course Description

The course introduces students to the rising field of psychedelic psychotherapies that are expected to have a major impact on mental health care worldwide within a few years. It focuses on the background information, requirements, techniques and protocols that psychologists need to know when working in psychedelics-assisted therapies, or with clients who wish to integrate their previous psychedelic experiences.

**Requirements:**    active participation (allowed absences: 3 out of 10)  
+ submitted course paper (translation, essay etc.)  
+ oral-OR-written examination (optionally online)



# Course Topics

- **altered states of consciousness; psychedelics**
- **transpersonal psychology; trauma processing and regression;**
- **psychedelic research, experiments and healing**
- **psychometric measuring; addictions and dependence; assisted psychotherapies; ethics**
- **psychedelic and psycholytic therapies; therapist training; therapy protocols**
- **MDMA, psilocybin, ketamine, LSD, ibogaine, ayahuasca**
- **psychedelic experience integration**



# Topics and Presentations

## **Introduction and Overview**

**Altered State Assisted Therapies**

**The Broader Context of Psychedelics**

**Psychedelics: Substance Information**

**Psychology of Psychedelic Experience**

**Psychedelics: Research, Experiments, Healing**

**Psychedelic Assisted Psychotherapies: Theory**

**Psychedelic Assisted Psychotherapies: Practice I**

**Psychedelic Assisted Psychotherapies: Practice II**

**Psychedelic Assisted Psychotherapies: Practice III**

**Psychedelic Experience Integration**

**Summary, Outlook and Resources**



# **[02] Altered State Assisted Therapies**

**Sep 23**

**Altered states of consciousness (ASC): definitions and phenomena.**

**Therapeutic applications of ASC.**

**Spontaneous, pathological and induced states.**

**Physiological, pharmacological and psychological inductions.**

**Altering subsystems of consciousness.**

**Subconscious processes.**

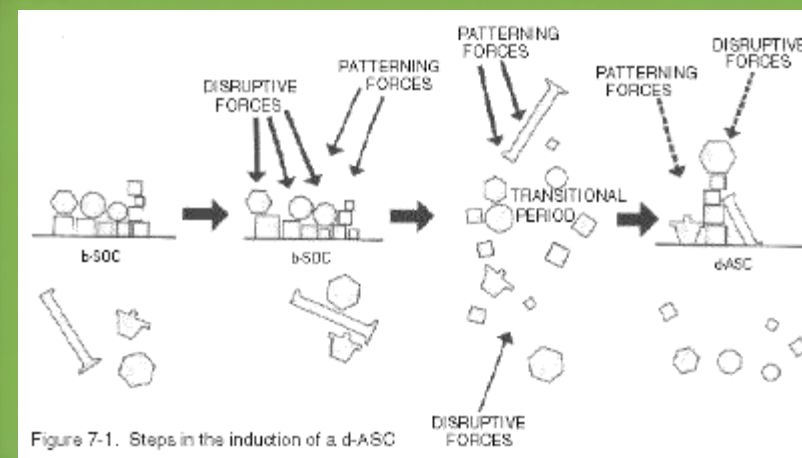
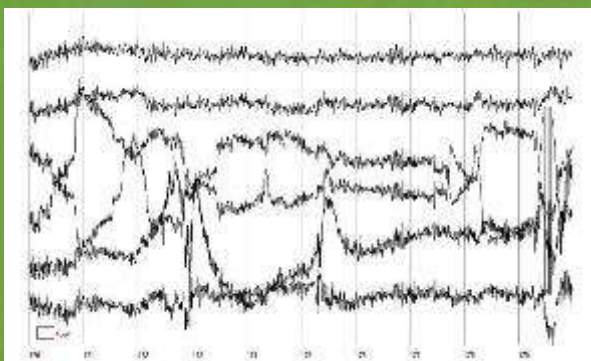
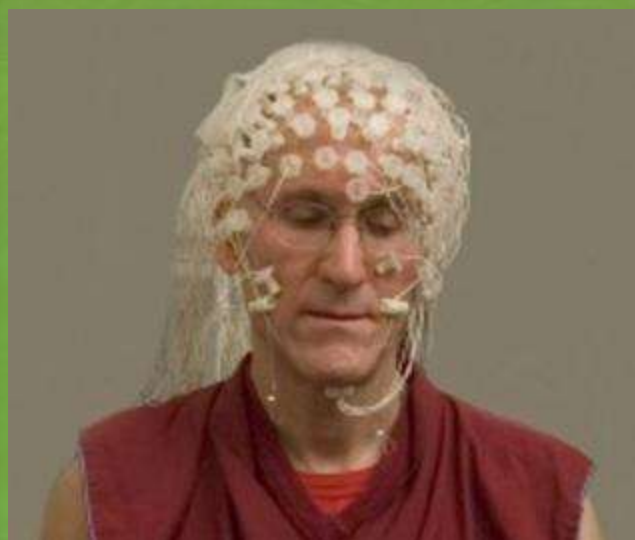
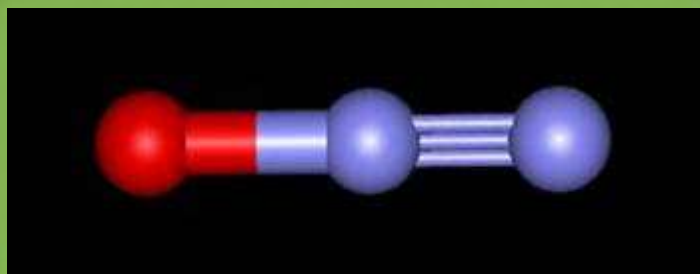
**Hypnotherapy and autogenic training.**

**Relaxation and meditation.**



# [02] Altered State Assisted Therapies

Sep 23





# **[03] The Broader Context of Psychedelics**

**Sep 30**

**Hallucinations: definitions and phenomena.**

**Hallucinogens: dissociative, deliriant, psychedelic.**

**Other related substances.**

**Purposes of substance use.**

**The drug instrumentalisation hypotheses.**

**Psychonaut subculture.**

**Biohacking.**



# **[04] Psychedelics: Substance Information**

**Oct 07**

**History, physiology, psychology and phenomenology of  
psychedelics and related substances:**

**ayahuasca**

**cannabis**

**DMT**

**ibogaine**

**ketamine**

**LSD**

**MDMA**

**muscimol**

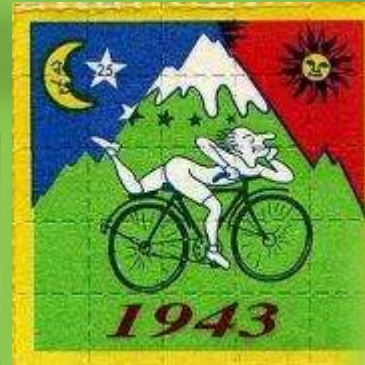
**psilocybin**

**salvinorin A**



# [04] Psychedelics: Substance Information

Oct 07





# **[05] Psychology of Psychedelic Experience**

**Oct 14**

**Psychoeducation.  
Set and setting.  
Intention and integration.  
Deconditioning agents.  
Transpersonality and spirituality.  
Entheogens.  
Trauma processing and regression.  
Stanislav Grof and the perinatal matrix.  
Metaphysical considerations.**

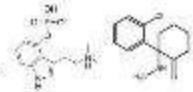


# [05] Psychology of Psychedelic Experience

Oct 14



Relative relationship of mystical experience to treatment outcome



Paper	Substance	Treatment	Outcome measure	Mystical exp. correlation size
Bogdanich et al., 2015	psilocybin	Alcohol dependence	heavy drinking days %	-.85
García-Romeu et al., 2014	psilocybin	Tobacco addiction	Change in craving	-.65
Rothberg et al. 2020	psilocybin	Alcohol dependence	heavy drinking days %	-.62
Griffiths et al., 2016	psilocybin	End of life depression & anxiety	Anxiety (20 6 weeks)	-.59
Ross et al., 2016	psilocybin	End of life depression & anxiety	Depression (20 6 weeks)	-.49
Ross et al., 2016	psilocybin	End of life depression & anxiety	Anxiety (20 6 weeks)	-.42
Davis et al., 2020	psilocybin	Major Depressive Disorder	Depression (20 4 weeks)	-.41
Griffiths et al., 2016	psilocybin	End of life depression & anxiety	Depression (20 6 weeks)	-.36



Stanislav GROF  
**LSD PSZICHOTERÁPIA**

*For the Hungarian  
Psychedelic Community*  
Stan Grof



# **[06] Psychedelics: Research, Experiments, Healing**

**Oct 21**

**The dawn, golden age, pause and renaissance of psychedelic research.**

**Early results.**

**Current research directions.**

**Psychometric measuring instruments.**

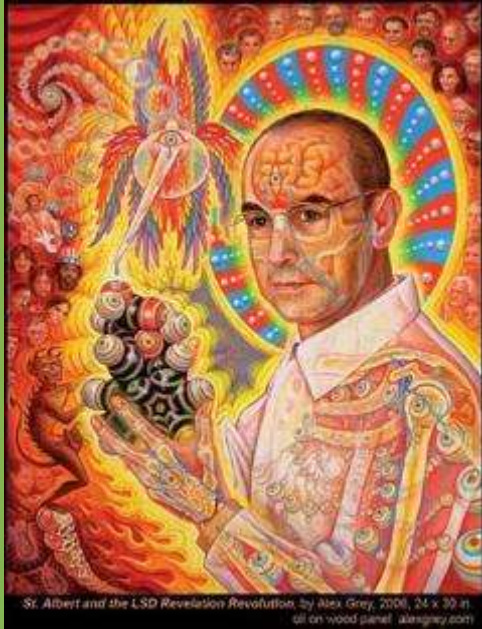
**Treatments of addictions and dependence.**

**Hospice use: end-life anxiety.**



# [06] Psychedelics: Research, Experiments, Healing

Oct 21



BECKLEY  
FOUNDATION



MAPS  
MULTIDISCIPLINARY ASSOCIATION  
FOR PSYCHEDELIC STUDIES

Albert Hofmann



1906-2008



# **[07] Psychedelic Assisted Psychotherapies: Theory**

**Nov 04**

**Ethical principles.**

**Psychedelic and psycholytic therapies.**

**Lay and underground therapies.**

**Therapist training process.**

**Therapy protocols: MAPS, Johns Hopkins, Kenézy hospital.**

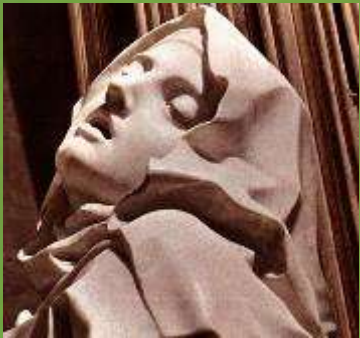


# [08] Psychedelic Assisted Psychotherapies:

## Practice I

Nov 11

### MDMA





# [09] Psychedelic Assisted Psychotherapies:

## Practice II

Nov 18

Psilocybin  
Ketamine





# [10] Psychedelic Assisted Psychotherapies:

## Practice III

Nov 25



LSD  
Ibogaine  
Ayahuasca





# **[11] Psychedelic Experience Integration**

**Dec 2**

**Client groups.**

**Conditions and environment of client-work.**

**Search for meaning, apprehension.**

**The lived body experience.**

**Psychedelic 'bypass' and ego inflation.**

**Non-pathologising language use.**

**Transference and counter-transference.**

**Data protection.**



# **[12] Summary, Outlook and Resources**

**Dec 9**

**Summary of the course.**

**Near and far future perspectives.**

**Notable research institutions and organisations.**

**Top researchers and advocates.**

**Local and global psychedelic societies.**

**Conferences and meetings.**

**Professional journals.**

**Funding and academic career.**

**Media and online resources.**



**Thank you for your attention!**



*Next lecture:*

**[02] Altered State Assisted Therapies**

**Sep 23 Thursday 10:45**